



Starrett City Older Adult Center

(718)-642-1010

1540 Van Siclen Ave, Brooklyn, NY 11239

April 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>9:30am- Self Defense for Older Adults 11:15am- Chakra Yoga Dance 12pm- Congregate/ Grab and Go Lunch 12:30pm- Tech Help Hour 12:30pm- Carmen's Thriving Survivor Group 1pm- Movie Screening- Girl, Interrupted, 1999 2pm- Chess Central</p>	<p>2</p> <p>CENTER CLOSED IN OBSERVANCE OF PASSOVER</p>	<p>3</p> <p>9:30am- Acrylic Painting 11:30am- Hooked on Crochet 12pm- Congregate/ Grab and Go Lunch 12:30pm- Board Games and Karaoke Competition 1pm- Pool Cues Game</p>
<p>6</p> <p>9:30am- Tai Chi for Arthritis 10:30am- Technology Class 12pm- Congregate/ Grab and Go Lunch 12:30pm- Book Club- 2pm- Domino Champs</p>	<p>7</p> <p>9:30am- Jewelry Making 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate Lunch/ Grab and Go Lunch 1:00pm- Tea Chat with Courtlyn (Weil Cornell) 2:30pm- Gardening with Opportunity Hub Indoors</p>	<p>8</p> <p>9:30am- Self Defense for Older Adults 11:15am- Chakra Yoga Dance 12pm- Congregate/ Grab and Go Lunch 12:30pm- Tech Help Hour 1pm- Movie Screening- A beautiful Mind, 2001 2pm- Chess Central</p>	<p>9</p> <p>10am- Meditative Chair Yoga 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate/ Grab and Go Lunch 1pm- All Members Meeting</p>	<p>10</p> <p>9:30am- Acrylic Painting 11:30am- Hooked on Crochet 12pm- Congregate/ Grab and Go Lunch 12:30pm- Board Games and Karaoke 1pm- Pool Cues Game</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>13</p> <p>9:30am- Tai Chi for Arthritis 10:30am- Technology Class 12pm- Congregate/ Grab and Go Lunch 12pm- Peace of Mind Planning: A community Workshop on Wills with Opportunity Hub and Moskowitz Legal Group 12:30pm- Book Club- 2pm- Domino Champs</p>	<p>14</p> <p>9:30am- Jewelry Making 10am- Blood Pressure Monitoring w/ Yvonne and Sharon 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate Lunch/ Grab and Go Lunch 12:30pm- Fire Extinguisher Presentation with Gregorio Vera (Volunteer Firefighter) 1:00pm- Tea Chat with Courtlyn (Weil Cornell) 2:30-Gardening with Opportunity Hub Indoors</p>	<p>15</p> <p>9:30am- Self Defense for Older Adults 11:15am- Chakra Yoga Dance 12pm- Congregate/ Grab and Go Lunch 12:30pm- Tech Help Hour 1pm- Movie Screening- Silver Linings Playbook, 2012 2pm- Chess Central 2pm- Su Casa: Explorative Art Workshop</p>	<p>16</p> <p>10am- Meditative Chair Yoga 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate/ Grab and Go Lunch 12:30pm- Nutrition Demo w/ Tiana Program Director of Nutrition Services : Fiber and Gut Health</p>	<p>17</p> <p>9:30am- Acrylic Painting 11:30am- Hooked on Crochet 12pm- Congregate/ Grab and Go Lunch 12:30pm- Board Games and Karaoke 1pm- Pool Cues Game</p>
<p>20</p> <p>9:30am- Tai Chi for Arthritis 10:30am- Technology Class 12pm- Congregate/ Grab and Go Lunch 12:30pm- Book Club- 2pm- Domino Champs</p>	<p>21</p> <p>9:30am- Jewelry Making 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate Lunch/ Grab and Go Lunch 12:30pm- Elder Justice Presentation with Aficia Bazile, MSW Program Director JASA Brooklyn North Elder Justice Program 1:00pm- Tea Chat with Courtlyn (Weil Cornell)</p>	<p>22</p> <p>9:30am- Self Defense for Older Adults 11:15am- Chakra Yoga Dance 12pm- Congregate/ Grab and Go Lunch 12:30pm- Tech Help Hour 1pm- Movie Screening- Bucket List, 2007 2pm- Chess Central 2pm- Su Casa: Explorative Art Workshop</p>	<p>23</p> <p>10am- Meditative Chair Yoga 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate/ Grab and Go Lunch JASA Volunteer Recognition 2026</p>	<p>24</p> <p>9:30am- Acrylic Painting 11:30am- Hooked on Crochet 12pm- Congregate/ Grab and Go Lunch 12:30pm- Board Games and Karaoke 1pm- Pool Cues Game</p>
<p>27</p> <p>9:30am- Tai Chi for Arthritis 10:30am- Technology Class 12pm- Congregate/ Grab and Go Lunch 12:30pm- Book Club-</p>	<p>28</p> <p>9:30am- Jewelry Making 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate Lunch/ Grab and Go Lunch</p>	<p>29</p> <p>9:30am- Self Defense for Older Adults 11:15am- Chakra Yoga Dance 12pm- Congregate/ Grab and Go Lunch 12:30pm- Tech Help Hour</p>	<p>30</p> <p>10am- Meditative Chair Yoga 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate/ Grab and Go Lunch</p>	

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Monday	Tuesday	Wednesday	Thursday	Friday
2pm- Domino Champs	12:30pm-Stress Awareness with Courtlyn (Weil Cornell)	1pm- Movie Screening- The Perks of being a Wallflower, 2012 2pm- Chess Central 2pm- Su Casa: Explorative Art Workshop	12:30pm: JASACare Home Care Presentation and Resources	

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April 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cous Cous Salmon Cakes Dill Lemon Sauce Whole wheat bread Cucumber Dill Salad Kiwi	2 Traditional Whole Wheat Bean Burrito Brown Rice Garden Salad Pear	3 Baked Asian Style Honey Chicken Challah Bread Springtime Fried Brown Rice Oriental Blend Vegetables Applesauce

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>Classic Chicken Cacciatore Pasta</p> <p>Whole Wheat Bread</p> <p>Steamed Green Beans</p> <p>Apple</p>	<p>7</p> <p>Black Bean Soup</p> <p>Whole Wheat Pita</p> <p>Hummus</p> <p>Israeli Salad</p> <p>Orange</p>	<p>8</p> <p>Beef Hamburger</p> <p>Sauteed Onions and Peppers</p> <p>Whole Wheat Hamburger Bun</p> <p>Broccoli Kugel</p> <p>Roasted Spiced Red Potatoes</p> <p>Kiwi</p>	<p>9</p> <p>Salmon Salad</p> <p>Bowtie Pasta Salad</p> <p>Whole Wheat Bread</p> <p>Red Cabbage Salad</p> <p>Pear</p>	<p>10</p> <p>Roasted Chicken</p> <p>Challah Bread</p> <p>Carrot Tzimmes</p> <p>Potato Kugel</p> <p>Applesauce</p>
<p>13</p> <p>Swedish Meatballs with Turkey Egg Noodles</p> <p>Whole Wheat Bread</p> <p>Steamed Sliced Carrots</p> <p>Apple</p>	<p>14</p> <p>Curry Chickpea Stew</p> <p>Whole Wheat Bread</p> <p>Yellow Rice</p> <p>Braised Red Cabbage</p> <p>Roasted Butternut Squash</p> <p>Orange</p>	<p>15</p> <p>Basic Shepherd's Pie</p> <p>Whole Wheat Bread</p> <p>Tossed Salad with dressing</p> <p>Kiwi</p>	<p>16</p> <p>Teriyaki Baked Fish</p> <p>Springtime Fried Brown Rice</p> <p>Whole Wheat Bread</p> <p>Steamed Green Beans</p> <p>Pear</p>	<p>17</p> <p>Chicken Shawarma</p> <p>Challah Bread</p> <p>Jeera Rice</p> <p>Beets and Onion Salad</p> <p>Applesauce</p>
<p>20</p> <p>Chicken Spaghetti Casserole</p> <p>Whole Wheat Bread</p> <p>Tossed Salad with Dressing</p> <p>Apple</p>	<p>21</p> <p>Split Pea Soup</p> <p>Classic Garlic Bread</p> <p>Whole Wheat Bread</p> <p>Chickpeas</p> <p>Israele Salad</p> <p>Orange</p>	<p>22</p> <p>Stuffed Cabbage with Beef</p> <p>Kasha Varnishkes</p> <p>Whole Wheat Bread</p> <p>Steamed Carrots</p> <p>Kiwi</p>	<p>23</p> <p>Fish Francaise</p> <p>Dill Lemon Sauce</p> <p>Whole Wheat Bread</p> <p>Cucumber Dill Salad</p> <p>Mashed Potatoes</p> <p>Pear</p>	<p>24</p> <p>Hawaiian Chicken</p> <p>Challah Bread</p> <p>Whole Wheat Bread</p> <p>Capri Blend Vegetables</p> <p>Roasted Sweet Potatoe slices</p> <p>Applesauce</p>
<p>27</p> <p>Chicken Marsala</p> <p>White Rice</p> <p>Whole Wheat Bread</p> <p>Steamed Broccoli</p> <p>Apple</p>	<p>28</p> <p>Meaty Vegetarian Moussaka</p> <p>Whole Wheat Bread</p> <p>Tossed Salad with dressing</p> <p>Orange</p>	<p>29</p> <p>Sweet and Sour Beef Meatballs</p> <p>Egg Barley</p> <p>Whole Wheat Bread</p> <p>Spinach Souffle</p> <p>Kiwi</p>	<p>30</p> <p>Salmon Salad</p> <p>Orzo</p> <p>Whole Wheat Bread</p> <p>Beets and Onion Salad</p> <p>Pear</p>	

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Hours

Mondays - Fridays 8:00am - 4:00pm

Closed for Federal and Jewish Holidays

October 2nd, 2025

Daily Lunch

Mondays - Fridays

12:00pm - 1:00pm - Dining Room

Starrett City Older Adult Center Staff

Donna Forde, Program Director dforde@jasa.org

Anna Siewers, Assistant Program Director asiewers@jasa.org

Jeanece McLeod, Program Coordinator jmcleod@jasa.org

Partially funded by:

NEW April 2026 Activities/Programming

Gardening - indoor- tea ceremony - 04/07/2026 @ 02:00pm - 03:30pm

Fire Extinguisher Presentation with trained firefighter Greg - 04/14/2026 @ 12:30pm - 01:30pm

Nutrition Demo w/ Tiana Program Director of Nutrition Services : Fiber and Gut Health - 04/16/2026 @ 12:30pm - 01:15pm

Stress Awareness Presentation with Courtlyn - 04/28/2026 @ 12:30pm - 01:30pm

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